



SIR ARTHUR WILSON.

LORD FISHER.

H.M. KING

GEORGE V.

LORD CHAS. BERESFORD

SIR PERCY SCOTT

JANUARY.

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1911

HOLIDAYS AND ANNIVERSARIES.

Shrove Tues. - Feb. 28
 St. David's Day Mar. 1
 St. Patrick's D. Mar. 17
 Lady Day - Mar. 25
 Palm Sunday - Apr. 9
 Good Friday - Apr. 14
 Easter Monday Apr. 17
 St. George's D. Apr. 23
 Whit Monday June 5
 Midsummer D. June 24
 Bank Holiday Aug. 7
 Michaelmas D. Sept. 29
 S. Andrew's D. Nov. 30
 St. Thomas' D. Dec. 21
 Christmas Day Dec. 25
 Boxing Day - Dec. 26

MAY.

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DECEMBER.

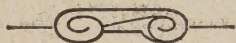
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“Lest we forget”

“God of our fathers, known of old,
 Lord of our far-flung battle line,
 Beneath whose awful Hand we hold
 Dominion over palm and pine—
 Lord God of Hosts, be with us yet,
 Lest we forget—lest we forget!”



IN these sonorous lines, Kipling reminds us that the British Empire spreads the world over, from the frozen zones where only the pine can grow, to the torrid belt, the region of the palm! He reminds us also, that this vast territory has been granted us by Providence, and his prayer must be ours, that we shall ever be mindful of our magnificent heritage.

It is quite natural that we should be proud of our Empire's glorious traditions, and proud of her present greatness; but in our hopes and schemes for her future, we should do well not to forget that “it is excellent to have a giant's strength, but it is tyrannous to use it like a giant.”

Think of our history, and you will realise that we men and women of the British Empire have been called to a destiny of unequalled splendour! And all of us who are worthy of the name of Britons are determined both to achieve that destiny, and to leave its splendour untarnished! Our aims and actions must be as noble as our strength is great!

MO-PAM
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We have much to be proud of in the *past* ; much to be thankful for in the *present*, and much yet to achieve in the *future* ! Let us trace the growth of our Empire, and our course in patriotic duty will be made clear !

Until “ the spacious days of Great Elizabeth,” Britain was “ a little island off the coast of France.” Then, when Portugal, Spain and Holland were scouring the world for colonies, we were fired to emulate their example.

Step by step, led by such men as Drake and Howard, Cook and Wolfe, Frobisher and Raleigh, Marlborough and Wellington, Clive and Warren Hastings, Pitt and Disraeli, not to name a thousand others, we planted our flag in the fairest dominions of the earth.

By the nineteenth century, we had grown so strong that half the world was up in arms against us. But “ the time finds the man,” and that time of our mortal struggle produced NELSON ! To him, above all others, belongs the credit of having given us the control of the sea, whereby “ we hold dominion over palm and pine ! ” On that memorable day at Trafalgar, he opened up for our Empire a future as glorious as her past. We have never lost the proud position he gave us, and every true-born Briton is determined that we never shall !

To-day, the British Empire covers a fifth of the whole wide earth ! The regions it comprises contain over 400 million souls. Nearly every second ship on the world’s seven seas belongs to us ; and our wealth can scarcely be computed !

Look at a map of the world, too, and you will see that there are five natural keys between ocean and ocean—the Straits of Dover, Gibraltar, Straits of Malacca, the Red Sea and the Cape of Good Hope. With these keys we can lock-in, or lock-out, the navies of the world ; and every one of those keys is in our hands !

Not Cæsar in ancient times, nor Charlemagne in the middle ages, nor Napoleon in the 19th century, ever dreamed of such an Empire, nor of such world-wide power.

You have seen how we have out-stripped our rivals ; but how is it that Britain has grown so strong *within herself* ?



Why is it that the mighty Roman Empire has crumbled away, while Britain boasts "a

greater Empire than has been"? Surely it is because Rome ruled like a tyrant. She used her giant strength "like a giant!"

But Britain rules, as a mother does, by weight of authority, by force of example, by encouragement and sympathy.

Between the mother country and her Colonies there exist bonds as unbreakable as those which bind well-reared children to a devoted mother. We have a common ancestry, a common tongue, and a common right to freedom in religious thought and worship. We have the same ideals, read the same books, admire the same heroes and heroines, sing the same songs. Indeed, in every aspect of our lives, we are as closely akin as the children of any family.

And what a family we are! There are few things that men can want, from daily bread to diamonds, that we cannot produce, manufacture or mine within the bounds of our Empire.

Have you ever thought what it means that, in the manufacture of cotton and iron goods, the mother country can still lead the world? Have you ever thought what the wool, meat and hides industries of Australasia mean in wealth? Or can you picture the miles upon miles of waving fields of wheat, and the golden orchards of Canada? As these are but a few sources of our wealth, can you wonder at the magnitude of our commerce?

Already the seas teem with our ships, carrying more

merchandise in one month than all the famed wealth of the Indies could pay for. There are more *ships* to-day, in the British mercantile fleet than there were *men* in Spain's great Armada.

But if you think for one minute, you will see that the greatest glory of Britain lies in her future ! All her energies and resources are happily devoted to the arts of peace, and so long as we are safe from molestation, we shall travel swiftly along the road of prosperity. That road lies in developing our trade within the Empire, welcoming to our markets the goods of the other members of our family, and finding for our goods a welcome in theirs. Perhaps the very success which must attend our efforts may cause other nations to look upon us with envious eyes; but so long as the British navy is strong enough to maintain peace, we have nothing to fear.

We are, at present, on terms of peace and good-will with all the world, and, as true Britons, our pride and boast is that we passionately desire to remain so. But if envy should lead any nation to seek a quarrel with us, our "far-flung battle line" must be prepared to defend our shores, and to protect our immense fleet of merchantmen, which dot the seas like the stars in the heavens !

We must, then, at all costs, maintain the naval supremacy which Nelson bequeathed to us a century ago. But what vast changes have occurred in those hundred years !

One broadside from a Dreadnought, at four miles, would have sent the *Victory* beneath the waves. A vessel like the new *Colossus* could overcome, single handed, the whole of the navies that Britain has ever had to fight.

In Nelson's day, fifty thousand pounds was a good price for a stout man-o'-war. To-day, the total cost of a battleship of the finest type is over two millions. But every million pounds we spend on the Empire's Navy is merely so much peace-insurance money ; for so long as the Empire's Navy can police the seas, the safety of the British Empire is assured, nor can anything check the peaceful progress of her prosperity.

There is but one thing which could add to the splendour of such an Empire, and that is if we could rightly boast that we

were the most enlightened, the most healthy and the most happy Empire since the world began.

The honour of being the most enlightened Empire is supposed to belong to the ancient Greeks, but the *all-round* standard of education never was higher anywhere than it is in Great Britain and her Colonies to-day. With the spread of education, our standard of health must also be raised, since pain and suffering frequently occur because people don't know how their ailments come, nor how they can be cured.

It is one of the objects of this little book to show you clearly, and in simple language, that *most* human ailments—perhaps nine out of every ten—arise simply from some disorder of the stomach, liver or bowels, and that most of the pain and suffering which afflicts mankind may be entirely prevented by keeping those organs of digestion in natural, healthy working order.

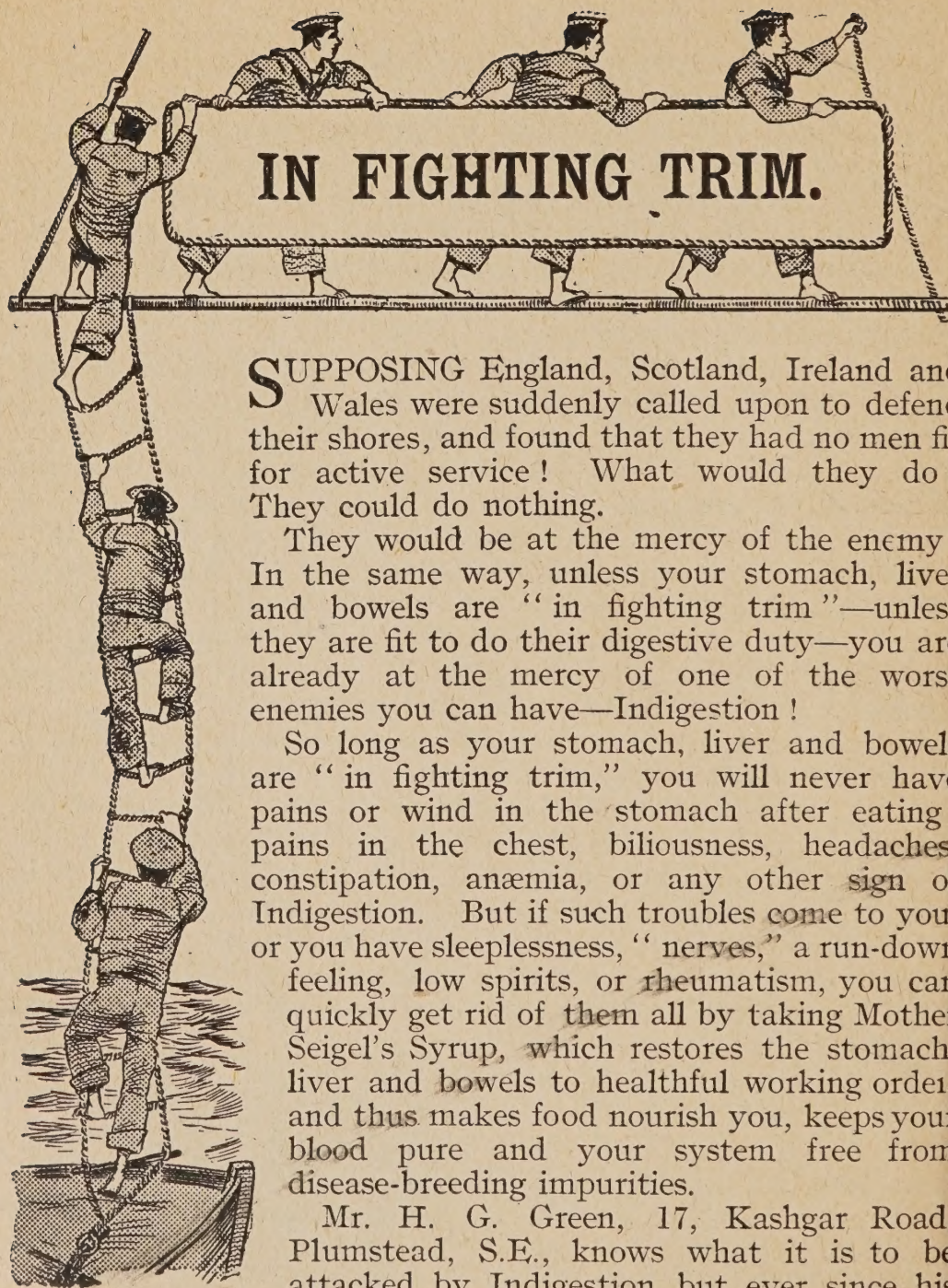
Of course, everybody knows that overwork or worry, unsuitable food, changes of weather or constitutional weakness may, either slowly or suddenly, disturb the natural action of the stomach, bowels or liver; but then it is only necessary to tone up and strengthen those organs, to regain perfect health.

If your stomach, liver and bowels need such help, there is nothing in our world-wide Empire which will so surely, or so quickly, provide it as Mother Seigel's Syrup. This old-established remedy is carefully made from medicinal extracts of roots, barks and leaves which act directly upon the organs of digestion, quickly restoring them to natural, healthful condition.

Think of this, if you or anyone near or dear to you suffers! And think of this too! Mother Seigel's Syrup has cured more cases of stomach and liver disorder than all other medicines combined.

For forty years, it has never failed the people who have used it. Into hundreds of thousands of British homes it has brought health, and that sunshine of health which we call HAPPINESS!





SUPPOSING England, Scotland, Ireland and Wales were suddenly called upon to defend their shores, and found that they had no men fit for active service! What would they do? They could do nothing.

They would be at the mercy of the enemy! In the same way, unless your stomach, liver and bowels are "in fighting trim"—unless they are fit to do their digestive duty—you are already at the mercy of one of the worst enemies you can have—Indigestion!

So long as your stomach, liver and bowels are "in fighting trim," you will never have pains or wind in the stomach after eating; pains in the chest, biliousness, headaches, constipation, anæmia, or any other sign of Indigestion. But if such troubles come to you, or you have sleeplessness, "nerves," a run-down feeling, low spirits, or rheumatism, you can quickly get rid of them all by taking Mother Seigel's Syrup, which restores the stomach, liver and bowels to healthful working order, and thus makes food nourish you, keeps your blood pure and your system free from disease-breeding impurities.

Mr. H. G. Green, 17, Kashgar Road, Plumstead, S.E., knows what it is to be attacked by Indigestion, but ever since his

digestive organs have been restored to "fighting trim" by Mother Seigel's Syrup, he has been well and strong.

In his letter dated April 7th, 1910, Mr. Green says: "About 9 months ago, I was seized with such terrible pains in my stomach that I could scarcely get about. I found it difficult to attend to my business and had a chair bedstead put at the back of the shop where I would lie down between my serving my customers. I went to see two doctors and each of them pronounced my case as acute Indigestion. I took their medicine, but it did not relieve me. On the contrary, it caused constipation, and I was compelled to physic myself to obtain relief. I seemed to be going from bad to worse. I could get no rest at night, and would wake up in the morning with a tired feeling and a nasty taste in my mouth. I fell away to a shadow. The travellers who called upon me for orders would say, 'Glad to see you; I hardly expected to after my last visit.'

"My brother put off going for his holiday, telling my wife he did not like to go away when I was so ill. Then a friend of mine recommended me to try Mother Seigel's Syrup. I did so, and soon afterwards I went away with my brother for a fortnight's holiday, and took my bottle of Mother Seigel's Syrup with me. Immediately after the first few doses of Syrup, however, the pains began to abate. My health and strength returned so rapidly that I was actually able to walk 5 miles, before I came back to town. Previously I had not been able to walk up the street without assistance and, when I went out, neighbours would remark upon my pitiable condition. After four bottles of Mother Seigel's Syrup, my troubles entirely left me, and I have had no return of them since. I attribute my cure wholly and solely to Mother Seigel's Syrup."

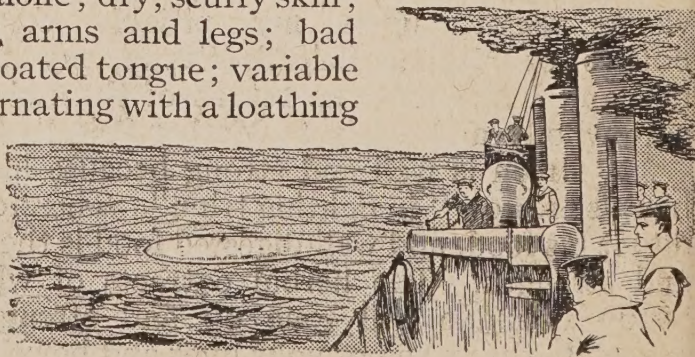
Mr. Green is well and strong because his stomach, liver and bowels are now "in fighting trim." Therefore he can thoroughly digest his food, and well-digested food is the *only* source of health and strength. The herbal extracts of which Mother Seigel's Syrup is made will tone up and strengthen *your* stomach, stimulate the action of your liver and bowels, make food nourish you and thus give you vigorous, cheerful health.

STOMACH DISORDERS.

How Digestion and Indigestion Affect Your Life and Health.

MILLIONS of people come into the world, live for years and years, and then go out of it, knowing little or nothing of the natural functions or organs of their bodies. They live on food, but they have no idea of the processes by which the whole bodily system derives nourishment from that food after they swallow it. The stomach is a simple sac, or bag, made to receive the food as it is swallowed. Here it remains some time to be digested. The stomach, unlike the liver, does no other work; but digestion is a complicated operation. In the stomach the food is mixed, by means of a motion of which we are not conscious, with certain natural fluids or juices, until it becomes a thick half-fluid mass. Failure on the part of the stomach to accomplish this properly, leads to what is called Indigestion or Dyspepsia. It is an almost universal disease, and the cause of nearly all the other ailments we suffer from. The food remains in the stomach and ferments, just as garbage does in a tub. A foul and nauseous gas is generated, which, with other poisons, attacks the whole system through the nerves and blood vessels.

The principal symptoms are these : Distress after eating ; a sense of fulness and heaviness ; headaches ; giddiness ; bad breath ; hot flushes, followed by creeping chills ; sleeplessness ; restlessness ; loss of ambition and energy ; yellowish eyes and skin ; a feeling of weariness that is not relieved by the usual repose ; desire to be alone ; dry, scurfy skin ; aching of the back, arms and legs ; bad taste in the mouth ; coated tongue ; variable appetite, hunger alternating with a loathing of food ; low spirits ; fears and anxieties without apparent cause ; shortness of breath and trembling of the limbs, on making any exertion.



Firing a "Whitehead" Torpedo.

The experience of thousands, during many years, proves the wonderful efficacy of Mother Seigel's Syrup in this miserable malady. The Syrup gently but surely clears out the noxious load from the principal organs of digestion, helps the stomach to dissolve and digest what is nutritious in it, and expels the remainder through the bowels and other organs. It thus cures one malady, and prevents others which would almost certainly follow if this work was not quickly and thoroughly done.

Mother Seigel's Syrup has been successful in obstinate cases which have baffled the best medical talent, and what it has done for nearly 40 years past, it will still do. Whether your case be acute or chronic, the result will be the same. You will be restored to health, and a full sense of the value and beauty of life.

A Nurse's Duty to Humanity!

BY common consent, there is no more lofty and noble calling than to be a nurse—a calling for which women are peculiarly fitted, because of their natural sympathy, tenderness and powers of endurance. The duty of a nurse is to alleviate suffering, and it is because Nurse Frise knows that much human suffering can be entirely prevented by the use of Mother Seigel's Syrup, that she considers it her duty to make its merits known.

Mrs. R. Frise, of 14, Richmond Terrace, Albert Road, South Woodford, has been a nurse for many a year, and she has seen, time and again, how quickly Mother Seigel's Syrup restores to health those people who suffer from stomach and liver disorders. Further, she has taken Mother Seigel's Syrup herself, so that her words bear double weight.

In her letter of April 8th, 1910, Mrs. Frise says:—

“For many years, fifteen years at least, I have recommended Mother Seigel's Syrup for Indigestion and biliousness. In my own case, some years ago, I had bad pains in my chest and back, after eating. Sometimes this quite affected my breathing. I often had a nasty taste in my mouth and heartburn. The

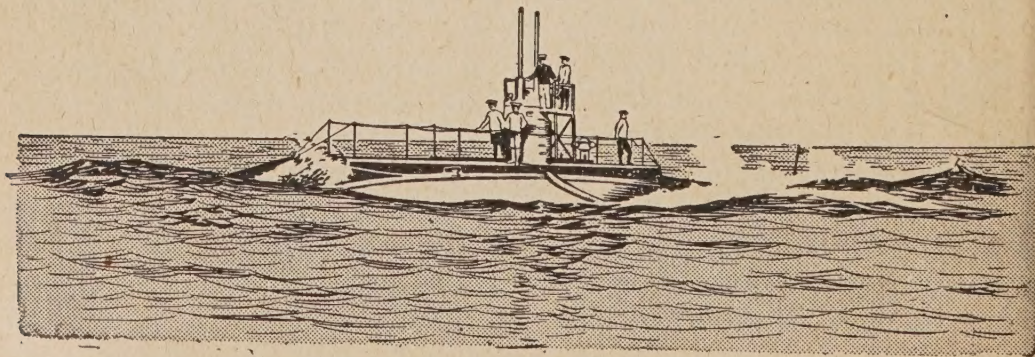
bilious attacks would come on at any time, and I would be dizzy and quite unable to work.

“Knowing the value of Mother Seigel's Syrup for stomach and liver troubles, I took a few doses. The Syrup cleansed my tongue, improved my appetite, banished all signs of biliousness and cured me of that complaint and my Indigestion, too.

“Now, if for any cause I have a touch of Indigestion or biliousness, I fly to Mother Seigel's Syrup, and a few doses quickly restores my health. I wouldn't be without it. I know of no medicine that is anything like so good, for stomach or liver troubles, Indigestion, biliousness, constipation, and similar ailments, as Mother Seigel's Syrup.”

For forty years, Mother Seigel's Syrup has been woman's invaluable friend *at all times*. When a girl is entering womanhood, later when she becomes a mother, or, later still, at the changeful season of life, Mother Seigel's Syrup gives just that help of which most women stand in need. As an experienced nurse, Mrs. Frise knows this, and she also has proved the value of Mother Seigel's Syrup as a remedy for such common ailments as pains after eating, wind in the stomach, a furred tongue, a nasty taste in the mouth, headaches, biliousness, anæmia, constipation, sleeplessness, or low spirits.

Mother Seigel's Syrup, the vegetable remedy, cures all these troubles in a natural way. It tones up and strengthens the stomach, gently stimulates the liver and bowels, purifies the blood, clears all impurities from the system, makes food nourish you and thus gives sound, regular health.



A Submarine on the Look-out!

BILIOUSNESS:

The Cause and Cure of Disorders of the Liver.

VERY few persons are so lucky as to escape biliousness or liver disorders, in one form or another. But a good many people have the bad habit of neglecting the first symptoms of liver trouble and as a result they suffer seriously later on. Biliousness is generally due to an overflow of bile ; a bitter, acrid juice which is formed in the liver and supplied through the gall-bladder to the stomach and intestines to assist the digestion of food. When this little gall-bladder gives out either too much, or too little, of the bile juice, trouble begins and will not cease until the flow is brought to the natural quantity.

The commonest signs of biliousness are yellowness of the skin and eyes ; sick headaches ; constipation, or sometimes a scanty, painful diarrhoea ; a white, or brownish, scum on the tongue, with bad taste in the mouth, and dry, parched lips ; loss of appetite, or actual dislike for food ; sour or acrid wind in the stomach and intestines ; clammy feeling in the feet and hands ; giddiness, or dizziness in the head, and blurred vision ; pains and distress in the stomach and sides ; scantiness and deep colour of the urine ; and above all a feeling of languor, weakness and low spirits.

You will not be likely to have all of these feelings or symptoms at one time, but when the liver is out of order and the blood thereby made impure, these symptoms are likely to follow rapidly. If you have any three or four of these signs, you may depend upon it that the trouble arises from liver derangement. The causes of that trouble you can, almost to a certainty, trace to some over-indulgence in eating or drinking—either in taking foods which disagree with you, or partaking too freely of food which would not be harmful if eaten in moderate quantity.

The sure and safe course when you have such symptoms is to leave off hearty feeding at once and after each meal take a dose of Mother Seigel's Syrup. You will then have a certain and speedy renewal of the natural functions of your liver, stomach,

and bowels. Mother Seigel's Syrup is made of medicinal extracts of certain curative roots, barks and leaves, which have direct remedial action on the organs of digestion. They tone the stomach, stimulate healthy action in the liver, and thus cleanse the blood and restore the system to natural conditions.

THREE RIGHTS AND A WRONG !

MRS. STIRLING has pinned her faith for twenty-five years to Mother Seigel's Syrup! There she is right, for it has never failed her.

Knowing Mother Seigel's Syrup to be a woman's unfailing friend, Mrs. Stirling gave it to her daughter when she felt run down, because she knew it would cure her. There, too, Mrs. Stirling was right, for Mother Seigel's Syrup cured her daughter quickly. Again, Mrs. Stirling gave Mother Seigel's Syrup to her granddaughter, believing it would do her good. And once more she was right, because Mother Seigel's Syrup has made the little one bright and happy.

But once, some friend advised Mrs. Stirling to "make Mother Seigel's Syrup for herself," and she tried to do so. That was

WHERE SHE WENT WRONG !

The medicine she made up for herself, thinking it was the same as Mother Seigel's Syrup, proved a failure. As Mrs. Stirling says : "It had not the same healing power the genuine Mother Seigel's Syrup has."

We feel sure Mrs. Stirling's friends gave her what they honestly believed to be the recipe for Mother Seigel's Syrup and there are a great many other people in the world who, just as honestly, believe that they know what is contained in Mother Seigel's Syrup, and how to make it. But it is safe to say that nobody, apart from our own chemists and the proprietors of Mother Seigel's Syrup, know exactly what this remedy contains and how it is made.

In Mother Seigel's Syrup there are more than ten curative extracts of roots, barks and leaves, and these extracts must

be combined exactly as they are in the genuine Syrup. They must be added in just the right quantities, in the right order, at the right time, or they will not tone up and strengthen the stomach and stimulate the action of the liver and bowels, as Mother Seigel's Syrup does.

Beyond what we have told you, all that chemists know of Mother Seigel's Syrup—all that you need to know—is, that for stomach and liver troubles, for Indigestion, biliousness, headaches, dizziness, languor, sleeplessness, “nerves,” anæmia, low spirits or kindred ailments, Mother Seigel's Syrup is the most successful and most popular remedy ever known.

Many things there are which *look* like Mother Seigel's Syrup or *taste* like it, but unless you get the genuine, well-proved remedy, you will be disappointed. Substitutes are always worthless and often dangerous. You never heard of anyone cured by a medicine made from a recipe offered or sold as the recipe for Mother Seigel's Syrup; but throughout the world there are tens of thousands of people who testify that the genuine Mother Seigel's Syrup cures surely, quickly, permanently!

Here is Mrs. Stirling's letter, written on May 15th, 1910, from 71, Rose Street, Glasgow, South Side :—

“I think it my duty now, as I am sixty-five years of age, to let you know that I have used your Mother Seigel's Syrup since I was forty. I believe that the reason I am able to go out to my duties at five o'clock in the morning is because of the help Mother Seigel's Syrup has given me. I used to be bothered with very severe varicose veins and it used to be agony for me to stand for a few hours! But now I can go from five in the morning until nine at night, and never think of going to bed through the day. I consider such a thing very wonderful at my age.

“I have a daughter who takes no other medicine than Mother Seigel's Syrup, when she feels run down, and it soon puts her right again.

“My little granddaughter stays with me, and for a long time she had worms. I tried various worm cakes and medicines, but they did her no good. At last, I gave her a few small doses

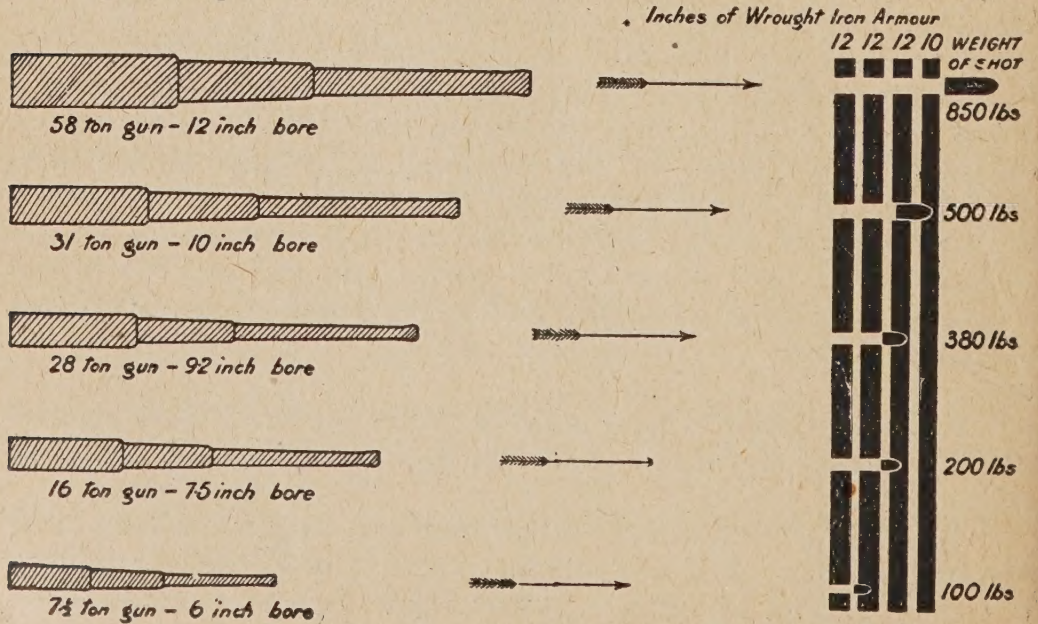
of Mother Seigel's Syrup and I was more than surprised at the good it did her. Now she is bright and happy, and the credit is due to Mother Seigel's Syrup, which is our only family medicine.

"We were once advised by a few friends to make Mother Seigel's Syrup ourselves. After doing so, we tried it, with poor results, *as it had not the same healing power the real genuine Mother Seigel's has.* For Indigestion and kindred complaints there is nothing to beat Mother Seigel's Syrup. We put all our trust in it."

You can safely put *your* trust in the genuine Mother Seigel's Syrup. But you should refuse all substitutes, and so-called recipes, and insist on having the genuine remedy—the Mother Seigel's Syrup with forty years' reputation !

BIG GUNS, SHOT AND ARMOUR.

This diagram shows the relative size and weight of guns and shot, as well as their power in piercing armour plates of various thicknesses, as used in modern British warships. No other nation has better guns or plating.



FROM GIRLHOOD TO OLD AGE :

A CHAT WITH WOMEN.

ELSEWHERE in this book, we describe, in simple language, the causes and effects of many disorders which assail men and women, and even children. All women know, however, that certain troubles afflict their sex alone. From the day she enters womanhood until after the changeful season of life, a woman is liable to grievous ills which may even threaten her life, and to avoid such ills, with all their painful consequences, she must maintain regularity of health. This is not always an easy matter, as chills, worry, excitement, weakness, and over-work, threaten continually to disturb the even course of her life, and, possibly, make her a pitiable wreck. Anæmia, constipation, biliousness, headaches, neuralgia and nervous breakdown are hard enough to bear, but if you add to these the far greater miseries which women suffer in silence, you may well ask : “ Is there no remedy ? ”

There certainly is a remedy for many of the ills which afflict womankind—and this remedy and safeguard is available for *you*. *Mother Seigel's Syrup* is the best friend you can have at any and every period of life, because it helps your stomach to draw nourishment from your food ; it purifies the blood ; it stimulates the liver and bowels to healthy action ; it cleanses your whole system.

If your digestive organs fail, your food does not nourish you, but lies dormant or ferments in the stomach, giving off gases which poison the blood. Your liver and bowels fail to carry off the waste, and this corrupt matter still further pollutes your blood and clogs your system, so that regularity is impossible. Hence the numerous ailments which follow Indigestion.

Mother Seigel's Syrup contains medicinal extracts of roots, leaves and barks which regulate the action of stomach and liver, restore their vigour, and enable all the organs of the body to work naturally and harmoniously. *Mother Seigel's Syrup* has relieved thousands of women from untold suffering, and given them regular health and capacity for work or pleasure.

THE HAPPIEST FOLK ALIVE !

WHO are the happiest people on earth? The girl who has just received her first love letter; the young man who has just been told that he has "panned out well" for his firm and that he will have a bit more money to carry home on future Saturdays; the old man who can look back upon his life and say, "I have done my duty"; and the man—or woman—who has passed through the shadows of sickness and distress into the sunshine of perfect health!

Mrs. A. Ashton lives at 546, High Street North, Manor Park, E., and on April 1st, 1910, she wrote us the following story:—

"About 16 months ago, I was taken with terrible pains in my chest after eating; and I would often vomit. I constantly suffered from a languid feeling and could not attend to my household duties. In the morning, I would wake up with a nasty taste in my mouth and a furred tongue, feeling as though I had not been to bed all night. Life did not seem worth living, and I often wondered if I should ever be well again.

"While in this low, despondent state a little book was left at the door. At that time I was feeling so ill that I could scarcely hold up. Upon reading that book, I found a case very similar to my own, which had been cured by Mother Seigel's Syrup, and I determined to try that remedy. I sent out for a bottle of the Syrup and after the first few doses I began to feel the benefit. I could sleep better and had more appetite. I continued taking the Syrup and felt myself improving daily. In all, I took about 12 bottles of Mother Seigel's Syrup and I am pleased to say that it absolutely cured me. I have had no return of my old complaint since. I can go about my work with pleasure and once again life seems worth living."

If you have Indigestion, or any other stomach or liver trouble such as pains in the chest, or stomach; a furred tongue, headaches, biliousness, dizziness, constipation, sleeplessness, loss of vigour or low spirits, Mother Seigel's Syrup will cure you as it cured Mrs. Ashton, and as it has cured thousands of other people in all parts of the world. Take the Syrup daily, after meals.

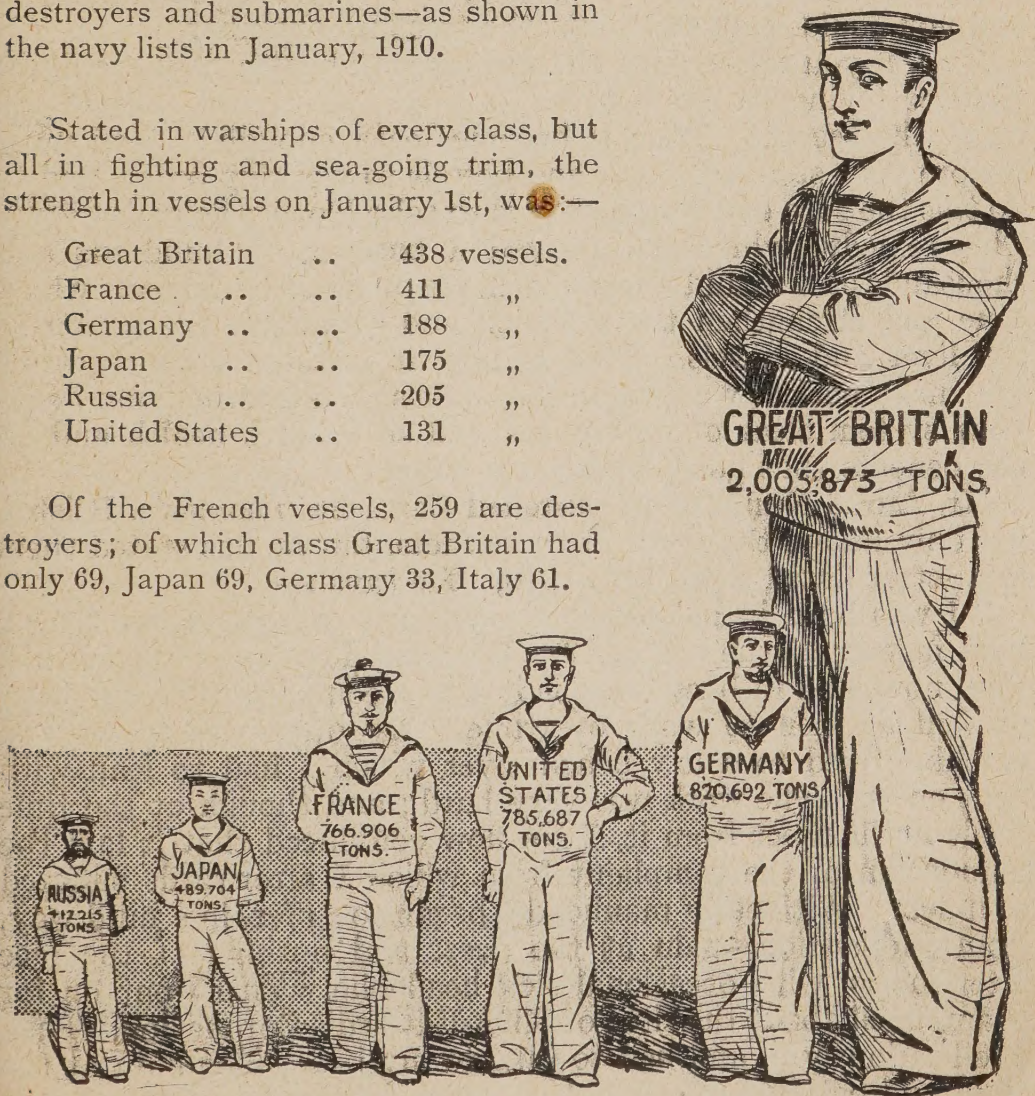
Strength of the Great Navies.

The stature of these sailors shows, by comparison, the gross naval tonnage of the six nations which have the largest, strongest navies in the world. The tonnage includes all classes of serviceable fighting ships—Dreadnoughts, heavy battleships, armoured cruisers, torpedo boats, destroyers and submarines—as shown in the navy lists in January, 1910.

Stated in warships of every class, but all in fighting and sea-going trim, the strength in vessels on January 1st, was:—

Great Britain	..	438 vessels.
France	..	411 "
Germany	..	188 "
Japan	..	175 "
Russia	..	205 "
United States	..	131 "

Of the French vessels, 259 are destroyers; of which class Great Britain had only 69, Japan 69, Germany 33, Italy 61.



OPEN, SESAME!

THERE is scarcely a man or woman living who has not read that delightful fairy tale, "The Forty Thieves." In that story, you will remember the cave of treasures. No one could *force* an entrance into the cave, but if you knew the secret, how easily the door opened! You had only to say, "Open Sesame!" and you could walk right into the treasure chamber.

Now, if you are seeking the treasures of health, you are never tired of trying to reach them, but you never can, unless you know the secret! Then it becomes easy enough! You must restore your stomach, liver and bowels to working order, and to do this the sure and simple way is to take Mother Seigel's Syrup. This remedy, which has proved a blessing to hundreds and thousands of men and women, is made of curative extracts which tone and strengthen the stomach and stimulate the action of the liver and bowels. That is how it restores your digestive system to perfect working order, makes food nourish you, keeps your system clear of impurities, and so ensures health and all the benefits that good health can bring.

Mr. Alfred Nunn, of 22, Mitchell Lane, St. Thomas's, Bristol, not only knows the truth of these facts, but he has stated them in a letter dated April 9th, 1910. He says:—

"I was born in Leicester 48 years ago and put to work in a boot factory at the age of 13. Working days were longer then than now, and in busy seasons it was a common thing for boys as well as men to work overtime. My duty was to work a machine fixed to a low bench, over which I had to lean with bent chest. The work was very hard; and though at the time I felt no ill effect from it, I am now convinced that it laid the foundation of the complaint from which I afterwards suffered so much. With early manhood I began to suffer, in a mild way, from Indigestion—pain at the chest and flushing of the face after meals, with occasional sick headache. This went on for years, until about the time of King Edward's Coronation. Then I fell seriously ill and had to take to my bed. The pain at my chest and between my shoulders, which followed every meal, had

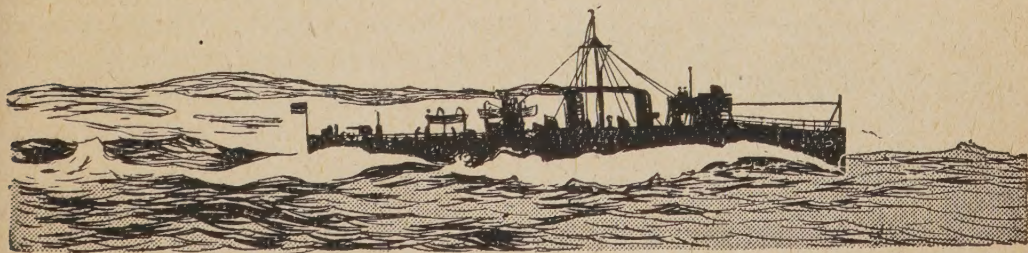
made me frightened of food, and for weeks and weeks I had almost starved myself."

If you have Indigestion, you will probably have some of the symptoms Mr. Nunn had, but there are a great many other symptoms of this common complaint, such as a coated tongue, flatulence, heartburn, dizziness, sleeplessness, nervousness, and low spirits! Often, as in Mr. Nunn's case, Indigestion becomes extremely serious.

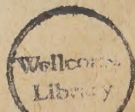
"For nearly three months," he says, "I was an out-patient of the Norfolk and Norwich Hospital, and the doctors at that institution did me a lot of good. I thought I was cured, and soon after left Norwich for Bristol; but I had not been here long before my old complaint returned as violently as ever. My mother came all the way from Leicester to Bristol to see me and persuaded me to try Mother Seigel's Syrup. Before I had quite finished one bottle of the Syrup my health had improved. The pain produced by food and tea-drinking grew less and less, until by the time I had taken five small bottles of Mother Seigel's Syrup—my troubles ceased and in all respects I felt bright and well.

"From that day to this I have kept an unopened bottle of Seigel's Syrup in my cupboard, for safety's sake, but I am cured, and don't think I shall ever want it."

Mr. Nunn tried in many ways to grasp the treasures of health, and he failed, until he learned that his stomach and liver needed only the sure aid of Mother Seigel's Syrup. Then health speedily returned. Profit by Mr. Nunn's experience and the treasures of health will surely be yours.



Torpedo-Destroyer—the fastest type of ship afloat.



CONSTIPATION:

What It Is, and How to Cure It.

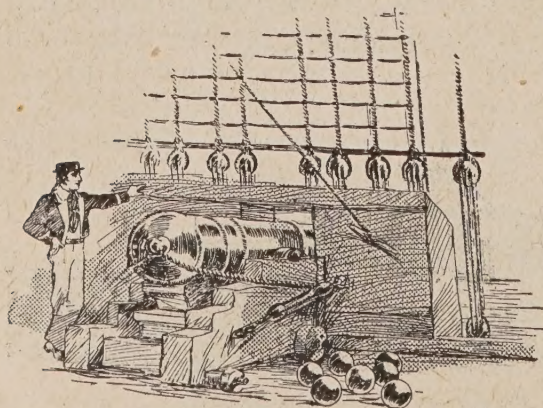
CONSTIPATION is a dangerous complaint which should never be neglected, as the healthy condition of your whole body depends upon the natural and regular action of the bowels.

When the bowels are in health, nothing remains at rest in them. The contents are steadily urged forward by the peculiar twisting muscular action which Nature has given to the intestines and as absorption goes on all the time, the food during its passage gradually gives up, to your system, every particle of nutriment it contained. Now, if from any cause this forward motion is retarded, the result is constipation. Then the food-waste lingers in the bowels, and as absorption never stops, fetid, injurious matter is *certain* to be drawn back into the blood.

Thus is the system poisoned and health destroyed. The kidneys break down, causing backache and urinary troubles, or the skin becomes affected; pimples, blotches, rashes make their appearance; the unhealthy state of the blood is indicated by the offensive breath, the dull eye, the aching head; and the sufferer becomes pale and weak.

Thus we see the dangers of constipation are very real. But they are easily overcome by Mother Seigel's Syrup. This remedy is, beyond question, the most popular and the most

successful remedy for inactive bowels. This is because it is made of curative extracts of roots, barks, and leaves which, when combined as they are in Mother Seigel's Syrup, stimulate the action of the bowels and liver and strengthen the stomach as nothing else does. As a gentle yet thorough cure for constipation, it is unequalled. Test it yourself!



Gun of the "Victory" type.

AFTER FORTY YEARS!

Mother Seigel's Syrup proves as Sure a Cure for Stomach and Liver Troubles *To-day* as it was Then!

DURING the past forty years, medical science has made great strides! Small-pox has been practically stamped out; yellow fever, typhoid fever and cholera have lost their terrors, because they can be both cured and prevented, and appendicitis is now seldom fatal! At the same time, when *the right treatment* of any ailment has once been discovered, it is not possible to improve upon it. Forty years ago, Mother Seigel's Syrup was first discovered, and from that day to this no better, no swifter cure has been found for stomach and liver troubles. This is because Mother Seigel's Syrup cures in the natural way, by restoring those organs to working order; and this it does because it is made of curative extracts of roots, barks and leaves, which act directly upon the stomach, liver and bowels, toning them up, strengthening them, and regulating them as nothing else does.

Read the two letters below. One is from a woman who proved Mother Seigel's Syrup, *forty years ago*, the best cure for Indigestion and other stomach and liver disorders. The second letter is from a man who proved the same thing at the beginning of *this year*!

Mrs. Emily Jennings, 45, Lion Terrace, Portsea, Portsmouth, on April 7th, 1910, writes:—"My experience of the value of Mother Seigel's Syrup goes back to the time it was first introduced—forty years ago! My mother at once discovered the great merit of the Syrup and from the first gave it us at home for our everyday ailments, always with complete success.

"When I had left home and was married," she adds, "I began to be troubled with Indigestion. Violent attacks, accompanied by severe headaches, would come on unexpectedly. They made work impossible.

"During one of these attacks, I remembered my mother's favourite remedy—Mother Seigel's Syrup. I began to take it at once, and before long, my state of health was much improved.

After a little while longer, my cure was complete. I could eat with good appetite, had no after pains at my chest and was free from headaches.

“ Later on, when I was run down through influenza, I turned again to Mother Seigel’s Syrup and with its aid my strength returned, so that I was able to throw off the effects of that complaint. Mother Seigel’s Syrup is the greatest cure in the world for Indigestion and everyday troubles.”

Now read a letter from Mr. George T. Scorer, of 70, Helmsley Rd., Sandyford Rd., Newcastle-on-Tyne, and you will see that Mother Seigel’s Syrup is *as sure a cure to-day as it was forty years ago*. In his letter, dated May 3rd, 1910, Mr. Scorer says :—

“ At the beginning of this year, I began to be troubled with fearful, continuous pain at the pit of the stomach. The pain was so severe, that it gave me no rest, day or night. I was quite at a loss how to account for it, but when I went to a doctor, he said, ‘ you have gastric trouble,’ which is a severe stomach disorder.

“ I took medicine as directed, but got no benefit from it. On the contrary, I grew worse every day, and from pain and sleeplessness it was only with the utmost difficulty I could do my work.

“ Then, one day, it occurred to me to buy a bottle of Mother Seigel’s Syrup, and a lucky thought it proved. Though I had only bought a small bottle, before I had taken quite all of it I was immensely relieved. Having had the good fortune to find the right medicine for my complaint, I resolved to make my cure complete. So I continued to take Mother Seigel’s Syrup until I had used, in all, five small bottles, and by that time I was quite well. Further, I have remained so ever since and there is no sign of a relapse.”

What Mother Seigel’s Syrup did forty years ago, what it has done every year since, and what it is doing to-day for thousands of men and women, it will do for you. If you have any stomach or liver trouble, it will quickly and surely cure you and keep you well. Be guided by the words of Mrs. Jennings and Mr. Scorer. Test the value of Mother Seigel’s Syrup—to-day !

RHEUMATISM AND—

ITS KINDRED DISEASES, GOUT AND SCIATICA.

FEW of us escape Rheumatism, and when once we have had a few twinges, we do not need to be told what a painful and crippling thing it is. In treating it, we must bear in mind that Rheumatism is an inflammation of the joints and muscles caused by a deposit in them of a poison from the blood, called uric acid.

It was once thought that damp, worry, anxiety, &c., were among the causes of Rheumatism, but this has been found to be a mistake. These things often *develop* the disease, but the poison is *already in the tissues*, and although damp and wet and worry, by hindering the action of the skin, liver or kidneys, may bring it out, they are never the cause of it. You may be saved much time, money, and disappointment by remembering that fact.

In the beginning, Rheumatism, like its sister troubles, Gout and Sciatica, is only due to Indigestion, or dyspepsia, for if the stomach and other digestive organs do their duty, there will never be any poison in the blood to sow the seeds of such painful troubles. The mode of cure is then easy to see. We must cure the Indigestion—*of which rheumatism, gout and sciatica are only symptoms*—and thus get rid of our rheumatic aches, pains and stiffness. Liniments, ointments, and poultices do no *lasting*, good. They give ease and comfort for an hour or two, but cannot cure.

Mother Seigel's Syrup, by enabling the stomach, liver, bowels and kidneys to work naturally and harmoniously, purifies the blood, and so removes the uric acid deposits from the joints and muscles, promotes the secretion of the natural fluids, and keeps fresh poison from forming. Many a poor rheumatic, after a faithful use of this herbal tonic, has been able to leave his bed, or throw aside his crutches, and once more walk erect and freely as Nature meant us all to do.

The King and the Soldier.

A SPANISH hero, finding himself forgotten, went to King Philip II., and told him that although he had spent most of his life in the army, he was left in his old age without enough to eat. The King granted him a pension of £30. Later, the soldier came again. "What," cried the King, "are you not satisfied with your pension?" "Well! Sire," replied the soldier, "you gave me enough to eat, but I forgot to ask for enough to drink." Philip, tickled by this reply, granted the veteran a larger pension and sent him home rejoicing.

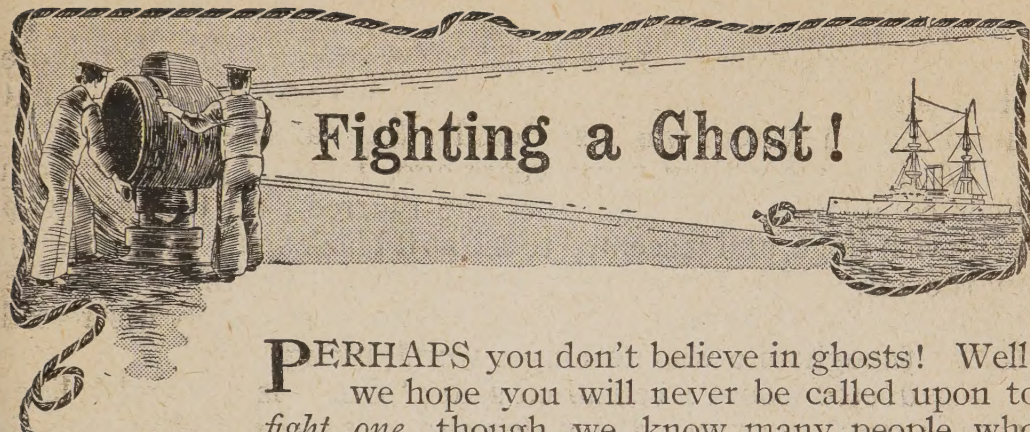
Then the soldier was happy, because he could have all the meat and drink he needed. But he would still have been miserable, if, like the gentleman whose letter we give below, he had been unable to eat food when he had it.

Writing on April 27th, 1910, Mr. C. Parker, 20, O'ham St., Russell St., Blackburn, says:—"I had been hale and hearty until about a year ago, when I began to be troubled with Indigestion. The pains in my chest and stomach were so bad that it was as much as I could do to crawl about, and many a time, on my way home from work, I had to sit down and rest by the roadside. My appetite left me, and the little which I forced myself to eat, my stomach was too weak to retain for long.

"I consulted a doctor, and took medicine, but I got only slight relief. Then a friend advised me to try Mother Seigel's Syrup. I had taken only two small bottles when a great change for the better came over me. My pains left me and soon I could enjoy food as well as ever I had done."

Mother Seigel's Syrup, by restoring Mr. Parker's stomach, liver and bowels to healthful working order, gave him appetite, and enabled him to get strength from his food. It cleared away the poisonous products of Indigestion which were clogging his system, and thus it gave him back his health and vigour.

If you have any such troubles as Mr. Parker had, be sure your stomach, liver and bowels need help, and nothing in the world is so helpful for weak stomachs, sluggish livers, or inactive bowels as the herbal remedy, Mother Seigel's Syrup.



Fighting a Ghost!

PERHAPS you don't believe in ghosts! Well, we hope you will never be called upon to *fight one*, though we know many people who have had to do so! Many people use up their strength, and suffer great agony, in fighting *fears*—not real fears, but ghost-fears, fears that have no reason in fact. And such ghost-fears come to most people whose nerves are unstrung. The business man is haunted with the ghost-fear that he is ruined; married men fight with the ghost-fear that something awful is going to happen to those near and dear to them; women imagine that they have lost love or happiness—and all because of unstrung nerves!

You will nearly always find that anyone who suffers from “nerves” has some digestive trouble; because people who get proper nourishment from their food are seldom nervous. It is only when food fails to nourish, fails to make good, red blood, that the nerves are starved—and break down. The cure then is not far to seek. You must cure your Indigestion, of which nervousness is only a symptom, and then you will have the calm, steady nerves of perfect health. Take Mother Seigel's Syrup, the herbal tonic, which will improve the tone of your stomach, make good food nourish you, purify and enrich your blood, and thus rid you of all the pains and penalties of Indigestion, whether you suffer from “nerves,” pains, wind in the stomach after eating, headaches, biliousness, constipation, or any other ailment arising from digestive disorder.

Mrs. Elizabeth Powell, 4, Hope Street, Wargrave Road, Earlestown, St. Helens, Lancs., tells us in a letter dated April 20th, 1910, that she fell into so bad a state of health that life no longer

seemed worth living. Is it possible for anyone to suffer more than that? From Mrs. Powell's letter, we can see plainly that her digestive system was disordered. She says:—

“A little more than three years ago, I began to suffer from liver complaint. My vision became blurred; all things had a yellowish tinge, and it seemed to me as if black spots were floating in the air. Also I was very constipated. Ordinary aperient medicines failed to relieve me, and I became so deeply distressed that I thought life was no longer worth living.

“A doctor whom I consulted said: ‘Oh, it is a sluggish liver that is troubling you,’ and proceeded to treat me; but though I was under his care for three weeks, ordinary medicine did not benefit me at all. Indeed, I think I was worse than before.

“About that time, a friend advised me to try Mother Seigel's Syrup, and I sent for a bottle. After taking it, *after each meal*, I became so much better in three days' time that I felt I needed no doctor, but I did not make the common mistake of leaving off the Syrup as soon as I began to benefit by it. I continued to take Mother Seigel's Syrup for a few weeks, by which time my cure was complete and (I believe) permanent.”

Mother Seigel's Syrup didn't fail Mrs. Powell. Mother Seigel's Syrup has never failed the thousands upon thousands of people who have used it; and it certainly will not fail *you*. Test it at once. Take it daily, after meals.

THE KIDNEYS AND BLADDER:

How They Protect You, if You Protect Them.

THE most eminent medical men declare that “the blood is the life,” and if we are to enjoy healthy life, the natural impurities of our bodies must be daily removed from our blood by the help of the kidneys. So long as you are in health, your kidneys do this work easily; but when, in consequence of Indigestion, constipation, or liver troubles, your blood becomes loaded with quite *un-natural* impurities, then the strain on the kidneys is too great, and they break down. The natural waste

of the system, which should pass off freely in liquid form, becomes solid, and is deposited like hard, sandy grit in your kidneys and bladder, or settles in your joints and muscles. This is the cause of backache, of gravel, stone, and other kidney and bladder troubles which, alas, too often prove fatal ; it is also the cause of many distressing skin affections, and the foundation of rheumatism, gout, lumbago, and all other uric acid diseases.

But now that you know the cause, you can see how these complications may be avoided, and that is—by keeping your kidneys as well as your stomach, liver and bowels active, and as a natural consequence your blood pure and healthy. The means of doing this is ready to your hand, in Mother Seigel's Syrup. It is a well-tried, vegetable compound, having a specific action on the stomach, liver and kidneys. By toning and strengthening these organs, it expels impurities from the system, enriches the blood, and thus imparts health and vigour to every part of the body. Take it daily, after meals.

THE MOST FASCINATING STORY EVER TOLD!

THE most fascinating story ever told was the one which, according to the poet, the Pied Piper of Hamelin told the children, for all of the youngsters, believing all he said, immediately stopped what they were doing, and followed him. And what did he say ? He told them of a land where it was always playtime, a land of sunshine, fruit and flowers, of happiness and laughter ! And there is no doubt that if anyone could promise us all a land of perfect happiness, and we believed him, we should leave everything at once and follow him. Earth knows no such land as that, but the nearest approach to it may be here, right beside you. It is the kingdom of good health, and you may enter it, if you will. You may drive from your home the ailments which make you and yours unhappy, you may drive out the misery of ill-health that hangs over you like a cloud. You may have that strength and health which makes

work a pleasure and recreation a delight. You will be aided to fight and win life's battles, and to bear disappointments and anxiety with firmness and courage.

Whatever ailments you may have, it is most likely that they arise from some form of stomach and liver trouble. Therefore you can have all the blessings that health can bring, if only you will see to it that you restore those organs to healthful working order, at once! This you will do if you take Mother Seigel's Syrup, because it is made of just those medicinal extracts of roots, barks and leaves which are required to tone up and strengthen your stomach and to stimulate your liver and bowels to natural activity. The Syrup will make food nourish you, keep your system in healthful working order, and thus build good health on sound digestion.

Mrs. Mary E. Curtis, 1, Wingfield Road, Leytonstone Road, Stratford, E., writes, April 5th, 1910 :—"Some few years ago I fell into a very bad state of health. For one thing, I suffered severely from shortness of breath and often when at housework would be compelled to stop and rest. I dare not go out alone, as I was afraid I should not have strength to get back. I had terrible pains in my chest after eating, and would flush up. Sometimes, when I ate, my food would return. I could not sleep at night; and I began to wonder if I should ever get well again. I visited the hospital and also several private doctors, but ordinary medicine could not cure me.

"This went on for about 2 years and I had begun to give up all hope of recovery, until one day my mother recommended me to try Mother Seigel's Syrup. I sent for a bottle and persevered with it. Gradually I found myself getting stronger. I could eat my food without any ill after-effects and could do my work without needing to rest. Now, I am glad to say, I am as strong as ever I was, and have had no return of my old complaint. Mother Seigel's Syrup cured me, once for all."

If you, too, have unhappy hours because of Indigestion, biliousness, constipation, headaches, sleeplessness, or any other trouble caused by stomach and liver disorder, Mother Seigel's Syrup will rid you of your pains and miseries, and give you the strength, vigour and comfort of good health.

Straight Talk to an Emperor.

PHILIP OF MACEDON, the world-conqueror, was once called upon to settle a dispute in which a lady was the plaintiff. Philip, who had dined and wine well, decided against the dame, whereupon she exclaimed: "Then I shall appeal to a higher court."

"A higher court!" roared the enraged Emperor, "To whom higher than me will you appeal?"

"To Philip SOBER," she said, "against Philip DRUNK."

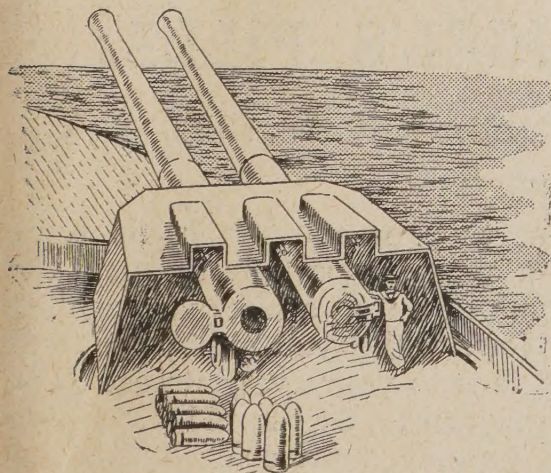
That was a straight way of telling Philip that when a man is sober he is a different, and a better man than when he is drunk! Likewise, the man loaded with cares becomes a different person when those cares are removed. The woman, too, who finds life a misery, because illness dogs her footsteps, becomes a different woman when every shadow of illness has departed.

This very thing happened to Mrs. Jane Sergeant, who resides opposite the Post Office, Fordham, Cambs. For a long time, the shadow of illness lay across her path until she nearly lost hope, but Mother Seigel's Syrup restored her to health and good spirits, so that life, to her, is a pleasure again.

In a letter dated May 9, 1910, Mrs. Sergeant says:—

"I am a married woman, mother of three children, but alas, it has been my fate to have rather more than an ordinary share of illness during my thirty-two years of life.

"For a long time after the birth of my third child, I remained very ill indeed. I suffered from great depression of spirits; there was a constant sensation as of suffocation, and the least exertion used to cause my heart to flutter in an alarming manner. All this trouble



Twin Turret Guns.

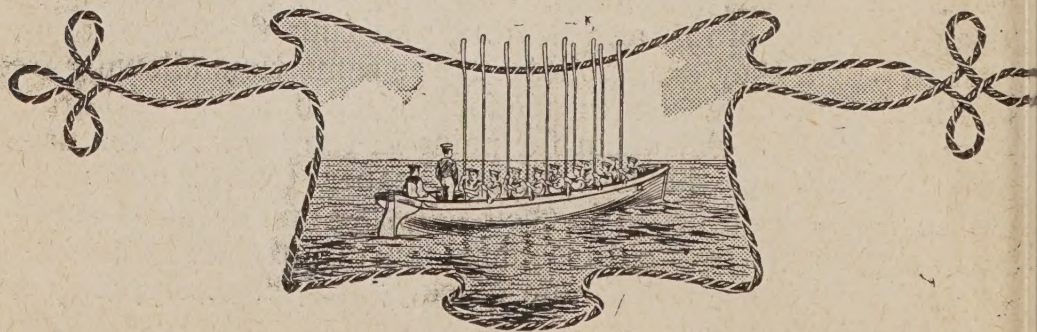
Mother Seigel's Ointment:

The Great Healer for Everyday Troubles.

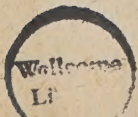
WHAT a lot of pain and trouble is saved when we can do *the right thing at once!* A burn or a scald, a bruise or a tear of the flesh, may lead to much suffering, if a remedy is not applied *quickly!* You cannot foresee such everyday troubles as these—especially where there are children—but you *can* and *should* keep handy a reliable, healing ointment; and there is nothing better than Mother Seigel's Ointment, which both soothes and heals. In cases of chapped hands or chilblains, the Ointment relieves the smarting almost immediately, and soon heals the skin and banishes the inflammation.

MOTHER SEIGEL'S MALT COUGH BALSAM.

WHEN you have a cough, with irritation in the throat and a wheezing, difficult breathing, your proper course, and probably your desire, is to cure it at once. Mother Seigel's Malt Cough Balsam will cure it quickly and surely. It soothes the irritated glands of the mouth and throat, and puts an end to the cough, and the difficulty of breathing. The Balsam has no injurious effect on the stomach and bowels, as have so many ordinary cough mixtures. That, together with its complete success as a cough cure, is why Mother Seigel's Malt Cough Balsam has been popular for a quarter of a century.



Roberts & Leete, Ltd., Printers, London.

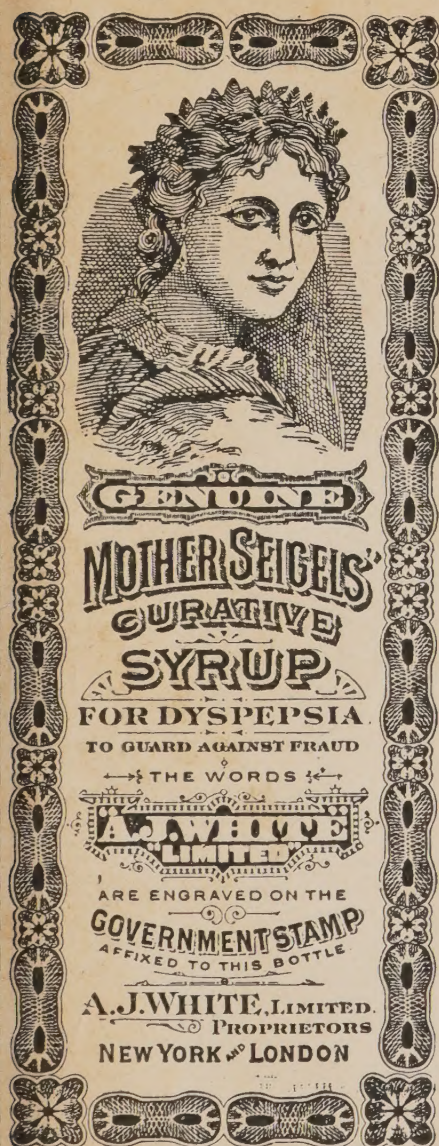


Directions for taking Mother Seigel's Curative Syrup.

DOSE.—FIFTEEN TO THIRTY DROPS, two or three times a day, in a wineglassful of water, immediately after eating.

NOTE.—Mother Seigel's Curative Syrup is put up in a very highly-concentrated form, therefore the dose must be given in drops—one teaspoonful contains 60 drops. The dose is easily regulated, as one-quarter of a teaspoonful is 15 drops.

Commence by taking ten or fifteen drops three times a day, directly after eating, in a little cold sweetened water. If this does not give relief, increase the dose to thirty drops, always to be taken directly after eating, so that Mother Seigel's Curative Syrup may become mixed with the food while being digested. It is best not to take Mother Seigel's Curative Syrup on an empty stomach. It is essential that the bowels be made to move freely every day, and if the above doses of Syrup be not sufficient to effect this, take one to four of Mother Seigel's Operating Pills at bedtime. It is better to take the Pills than to increase the dose of Mother Seigel's Curative Syrup.



PRICES.

MOTHER SEIGEL'S SYRUP	1/1½ & 2/6 per bottle.
The 2/6 bottle contains 3 times as much as the 1/1½ size.	
MOTHER SEIGEL'S SYRUP TABLETS	2/9 per bottle.
" PILLS	1/1½ per box.
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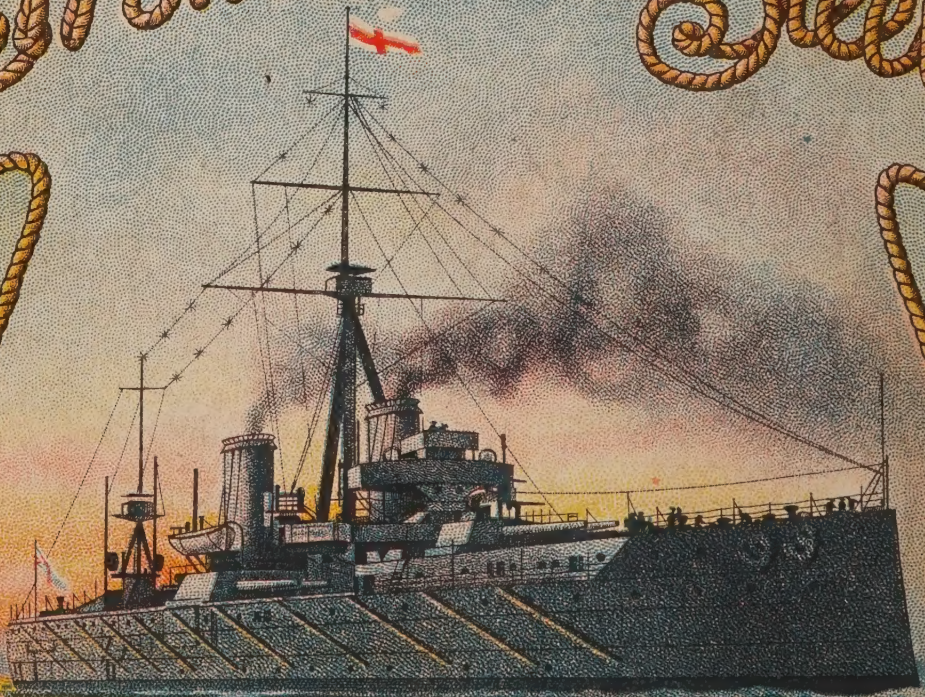
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